



## Matcha-Pistachio-Chocolate Truffles

### Truffle Ingredients

3/4 cup pitted Medjool dates (approximately 10 dates)  
1 tablespoon coconut oil, room temperature  
2 tablespoon water  
1/4 cup unsweetened cacao powder, or cocoa powder  
3/4 teaspoon vanilla extract  
1½ tablespoons cashew butter (may substitute with another nut, or seed, butter)

1 healthy pinch sea salt  
1/2 -3/4 cup almond flour  
1 tablespoon Matcha green tea powder

### Coating Ingredients - Mix together

1/2 cup Matcha green tea powder  
1/2 cup pistachios shelled and pulsed in a food processor\* into a fine meal

### Pre-prep

- Make pistachio meal

\*If you do not have a food processor, you can use a blender, or you can pound the pistachios into a fine meal texture by placing them between two sheets of waxed, or parchment paper, that have been placed between two dish towels. Using a rolling pin, beat the pistachios until they are the consistency of a fine nut-meal.

### Preparation

- Line a small plate, or dish, with parchment paper and set it aside.
- Add pitted dates, softened coconut oil, and water to a food processor (a blender can also work, but not as well).
- Mix until small bits remain, or paste forms.
- Add cacao/cocoa powder, vanilla extract, cashew butter, and a healthy pinch of salt - blend again to completely combine with the paste. *(continued)*



- Add almond flour in 1/4 cup increments - scrape the sides of the processor/blender down as needed - until the mixture forms a ball in the food processor. You're going for a sticky texture.
- Using a melon ball scoop, or a lightly oiled measuring spoon (tablespoon size), begin scooping out 1-tablespoon amounts of the mixture and quickly roll into balls between the palms of your hands. Try not to over-handle the mixture. If they become too sticky, add a bit of cacao/cocoa powder to the mixture and/or to your hands to limit sticking.
- Repeat the rolling process until all the truffle mixture has been formed into balls. Transfer the balls onto the parchment-lined plate, or dish, to prevent sticking.
- In a shallow dish, or bowl, combine the Matcha green tea powder and the pistachio meal. Roll the truffles around to coat them.
- At this point, you can enjoy the truffles as is. However, for a firmer truffle, transfer to the freezer to allow the truffles to set for 30 minutes. Store leftover truffles covered in the refrigerator for up to 1 week, or in the freezer up to 1 month.

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**\*Nutritional Information** (16 servings)

*Serving size: 1 truffle*

*Saturated Fat: 1 g*

*Calories: 84*

*Sodium: 5.3 mg*

*Carbohydrates: 13.1 g*

*Potassium: 160 mg*

*Protein: 1.5 g*

*Fiber: 1.7 g*

*Fat: 3.5 g*

*Sugar: 10.2 g*

*\*Nutrition information is a rough estimate calculated with the lesser amount of almond flour.*